

# SWVTC UPDATE



## SWVTC Welcomes New Volunteer Services Director

By Tracy Burcham

The Administration Department is very pleased to welcome Abby Adkins as the new Volunteer Services Director at SWVTC. Originally from Hinton, WV, Abby comes to us from the National Park Service where she served as a Park Ranger. She now lives in Galax with her husband Greg, who is a Federal law enforcement officer, and their two beautiful children, six-year-old Tyler who attends Oakland Elementary, and ten-month-old Brooklyn.

Abby graduated from Mountain State University in 2003 with a BS in Culinary Arts/Restaurant Management. It didn't take long for Abby to realize that working with chefs wasn't all it was cracked up to be. Five years ago she and her husband were hired by the National Park Service and served in three different duty locations including Independence National Historical Park, Manassas National Battlefield and the Blue Ridge Parkway. While in Manassas she was one of three Park Rangers that were in charge of 460 volunteers. I'm sure not everyone realizes that the park service is primarily run by volunteers.

When they relocated to Galax to work with the Blue Ridge Parkway there was only a part-time job opportunity due to budget cuts. Abby knew the job here was the one for her as soon as she read the posting in the newspaper.

Please take the time to come by Building 1 and welcome Abby or when you see her around campus learning the ropes, please make an effort to let her know how excited we are to have her here. We believe she will only strengthen and enlarge the volunteer work force we have here and we can't wait to see what she comes up with first!



**Human Resource  
Open House  
has been rescheduled to  
Wednesday, October 15!**

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Call today to schedule your appointment.

## JMH BLOOD DRIVE



Thursday, October 16, 2008

10 a.m. till 3 p.m.

JMH also is the main provider of blood in Smyth, Carroll, and Grayson counties – serving Twin County Regional Hospital and Smyth County Community Hospital.

Check out the new Website at

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

– also located on SWVTC Intranet homepage

## Successful Work Day at Memorial Park

By Calvin Griffith, Program Manager

New Horizon staff and residents would like to thank everyone for their work on the Memorial Park on July 31<sup>st</sup>. We had a great turnout, with folks from many different departments helping out. Due to this great response, a lot was accomplished in a short time, and the Memorial Park is really looking good. A special thanks to the B & G Department for all their help and continuing efforts in this area.

*"The reward of a thing well done is to have done it."*

–Ralph Waldo Emerson

Please note that New Horizon staff will once again be spearheading an effort to spruce up the Memorial Park. We will do this on **Thursday, October 2nd**, beginning around 8:00 a.m. Our primary efforts this time will be to get everything nicely weeded and to get the Park looking good for the upcoming Parent Picnic. Anyone that would be willing to give out of their busy schedule to work a couple of hours would be greatly welcome!

**PAAC – Parent Picnic**  
**Saturday, October 4, 2008**  
**1:00 p.m.**  
**SWVTC Picnic Shelter**

## Caution! Attention!



**1<sup>st</sup> Annual**  
**Safety Awareness Reception**  
**October 1, 2008,**  
**1:30 PM to 4:30 PM**  
**Building 9 Gym**

We want to thank you for your dedication to safety!

We hope to see you there!

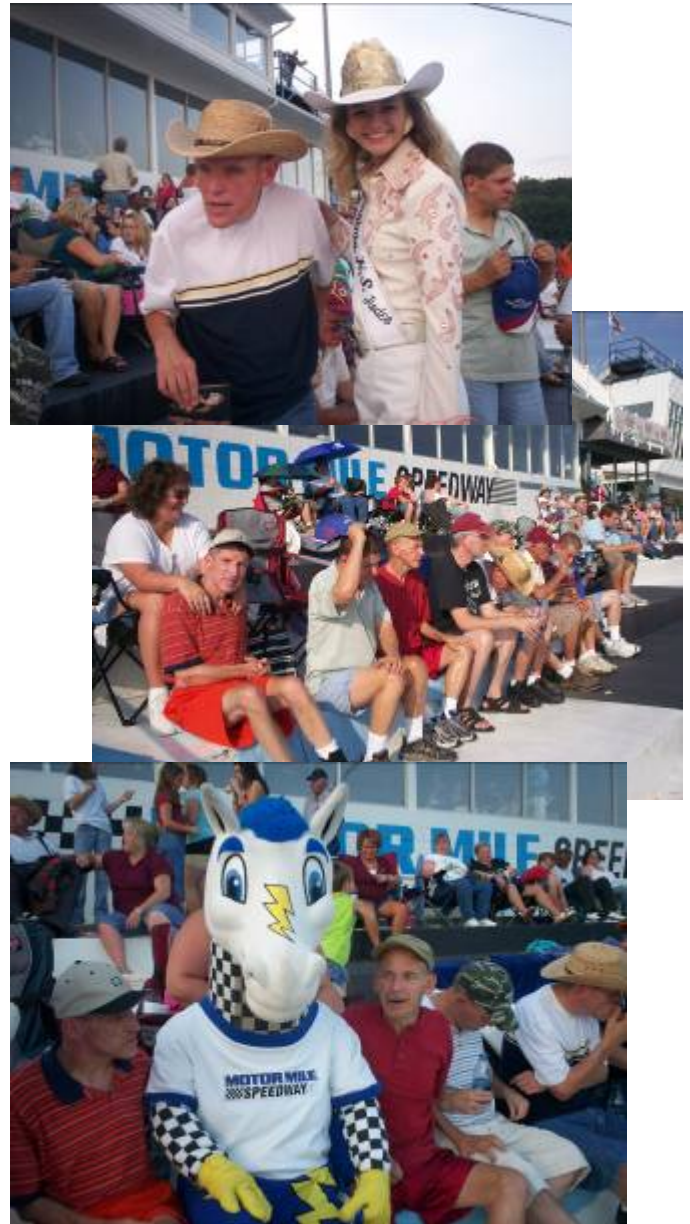
**PRIZES!**  
**Free Food and Drink**

## Wow! What a night!

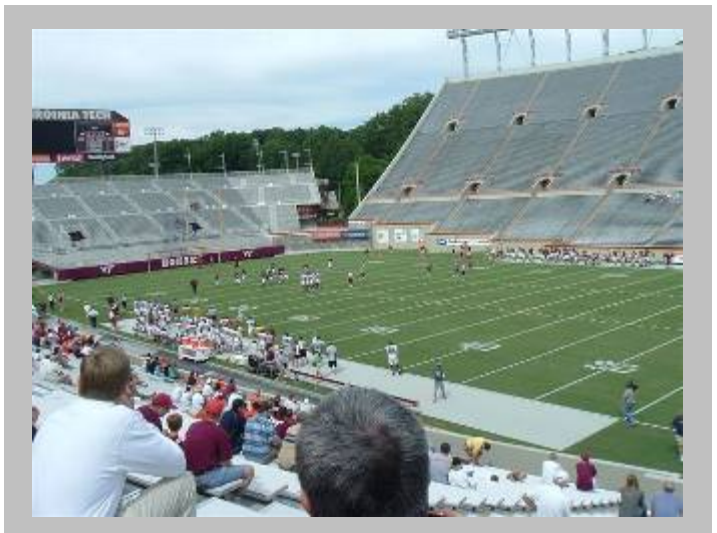
On August 30, 2008, the gentlemen and staff on 8B took off to the races – Shelor Motor Mile Speedway. They began their afternoon with supper at Burger King in Radford. The employees there were very friendly, attended to all of their needs, and invited them to come back.

At the raceway they watched the cars prepare for the big event. After qualifying, they had the privilege of meeting the drivers and seeing the cars up close. “Zippy” sat with them and had his picture made. Miss Virginia Middle School Rodeo Queen (above right) came by to talk with the guys and take pictures. They were able to see two races, beginning at 7 pm.

Sharlene and Dee Anne, staff on 8B who attended said, “We really enjoyed this outing and have already asked to go back. It was very nice to meet new people at the race. All we have to say is ‘WOW what a night!’ We would also like to thank Eddie and Cory for helping to make this event one to remember.”

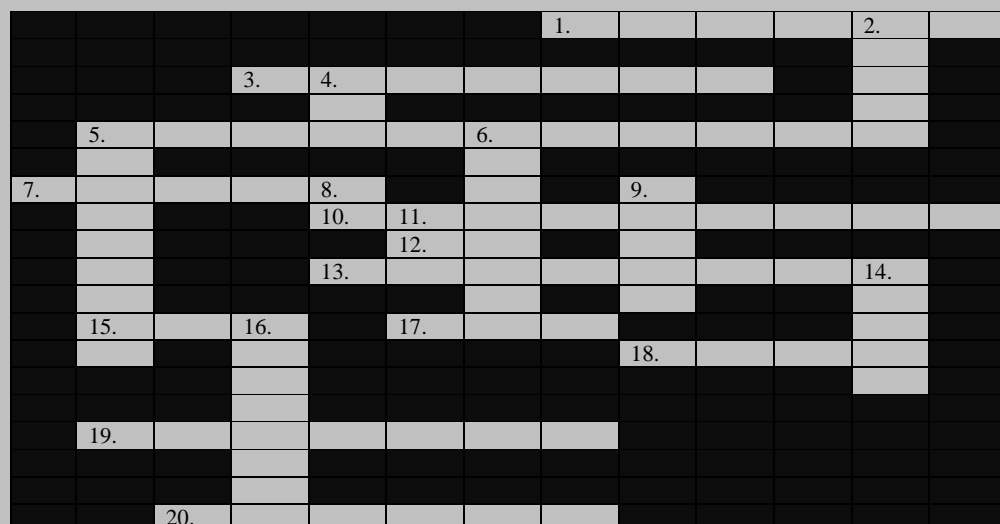


*Raymond C., Nobel P., Samantha L., along with Henry N. from Carroll House, enjoyed watching the first scrimmage game open to the public at Virginia Tech August 12. Staff attending was Tom Smith (back left), Roger Poe and Janet Crowder (not pictured). Nobel P. took the picture at right.*





## October is National Breast Cancer Awareness Month!



### ACROSS:

1. A \_\_\_\_\_ or pucker in breast skin may be a sign of Breast cancer
3. \_\_\_\_\_ is a leading preventable cause of many cancers including cancer of the breast.
5. \_\_\_\_\_ ( 2 words) in the breast may be a sign of breast cancer
7. Swelling
10. A screening test for breast cancer
12. Stop and \_\_\_\_\_ traffic.
13. A non-preventable risk factor for breast cancer
15. Erythema
17. Screening for breast cancer that should be done by women themselves (abbrev)
18. A non-preventable risk factor for breast cancer.
19. How often 17 across should be done.
20. Over this is a preventable risk factor for breast cancer.

### DOWN:

2. These are most often found first by women themselves, especially if they practice 17 across.
4. Although rare, \_\_\_\_\_ can get breast cancer, too.
5. This type of lifestyle can increase your risk for breast cancer.
6. These can increase your risk for breast cancer.
8. In English, this is the first person singular form of the verb to be.
9. Age when 10 across should be done annually for most women.
11. A non-preventable risk factor for breast cancer.
14. Over the entire life span a woman has a one in \_\_\_\_\_ chance of having breast cancer.
16. \_\_\_\_\_ from the nipples (not milk) may be a sign of breast cancer.

*For answers, see page 8, but no peeking before you finish ©*

## New Horizon Holds End of Summer Picnics

By Calvin Griffith, New Horizon Program Manager

New Horizon had their annual "End of Summer" picnics on September 11 for second shift and on September 23 for first shift. Grilled hot dogs were provided for everyone (that is, everyone that trusted Mitch and Calvin's cooking...), and a tremendous amount of other scrumptious dishes were provided by all the wonderful New Horizon cooks. Our thanks to everyone that participated, a great time was had by all!



## Keeping Up with Coworkers ...

### Thank You

Thank you so much for all of your well wishes and kind deeds during my recent surgery. The luncheon and laughter with friends will always be a treasured memory! The cards, food, flowers, visits, and phone calls were priceless to me! Thanks for being so supportive and such a great group of friends.

Your friend, **Cheryl Sawyers**

Thanks to everyone here at SWVTC for their acts of kindness while I was caring for my son who is battling cancer. Thanks for the cards, phone calls, money, leave sharing, and most of all, the prayers. He is improving each day. Please continue to pray for us.

**Debora McRoberts**, New Horizon 4A

### Comings and Goings

We welcome **Betty Jones** to the Infirmary, 2nd shift.

Cathy Travis, Head Nurse, Infirmary

- New Horizon welcomes Direct Support Professionals **Mike Jennings**, **Tiffany Picklesimer**, and **Rebekah Gravley**. Welcome to more new employees: **A. J. Lephew** (3B, 3<sup>rd</sup> shift), who transferred from Connections; **Randall Morehead** (Rover, Building 3) and **Amy Vaughan** (12B, 3<sup>rd</sup> shift), who transferred from Food Service; **Brenda Beasley** (4A, 3<sup>rd</sup> shift); and **Barbara Sawyers** (12A, 2<sup>nd</sup> shift).
- Best wishes to **Melanie Harding**, who is transferring from New Horizon to Connections.
- Best wishes to **Keshia Davidson** and **Rhonda Stephens** on their new work assignments.
- New Horizon bids a fond farewell and best wishes to **Sherry Martin** who is joining her husband in working with Mount Rogers.
- Goodbye and best wishes to **Bobby Dalton**, **Brittany Brooks**, and **Cynthia Dauch**.

Calvin Griffith, New Horizon

### Congratulations

**Becky Hawkins'** grandson, Timothy Landry, was voted Student Of The Month (August) at Fairview Elementary School where Timothy is in the first grade.

**Becky Hawkins'** granddaughter, Sarah Wright, has been selected for the Talented and Gifted class at Gladeville Elementary School. Sarah is in the 5<sup>th</sup> grade. Sarah has also won 1<sup>st</sup> Place in the Transportation category, 2<sup>nd</sup> Place in the Friends category, and 3<sup>rd</sup> Place in the Childrens' Animals category in the Photography Club entry at the Carroll County Agricultural Fair held September 18-21, 2008 at the Hillsville VFW.

Congratulations to **Jadyn Walls** (Granddaughter to **Janie Walls**, Housekeeper, Building 12) for placing First in the 4-year-old age group at the recent Carroll County Fair Beauty Contest. Little Miss Jadyn was also voted Most Photogenic!

Tom Stout, Housekeeping

Congratulations to **Kay Stimac**, LPN on the birth of her new granddaughter, Riley Kay Lentz. She was born on September 6. She weighed 7lbs., 6oz. and was 20 inches long. Her mommy is Kay's daughter, Courtney Stimac. Both Courtney and baby are doing fine.

Geneva Parker, Head Nurse

**Wanda Robinson**, Fiscal Cashier, shows off her precious new granddaughter, Kayleigh Madelyn, and her beautiful daughter-in-law, Elesha. Daddy was not present for this picture. Wanda's son Travis is the proud father of Kayleigh who was born August 20 and weighed 7 lbs., 10oz.



From page 6...

## ANSWERS TO CROSSWORD

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## Time Travel – Who's Who?

Who is the staff person pictured at right? Send guesses to Deborah Lowe. The answer will be revealed in the October issue of the *UPDATE*.



## New England Vacation

By Martha Baumgardner, Active Treatment Instructor, New Horizon

My husband Eddie and I, along with my sister, Pat Williams, enjoyed a vacation to the New England States, with detours through Virginia Beach; Ocean City, Maryland; Philadelphia, and New York City. One of the highlights of our trip was visiting the site of the World Trade Center. It was very humbling to stand there and think of the tragedy that happened on 09/11/01 and how those people must have felt. We talked to a fireman who responded to the disaster. It gave us a whole new perspective of the situation. Another highlight was taking a ferry ride to the islands of Nantucket and Martha's Vineyard. On our last day, we went to Hershey, Pennsylvania – what a wonderful way to end a vacation – surrounded by lots and lots of *chocolate!* We thank the Lord that HE blessed us with a wonderful vacation!

## Celebrating 33 Years

September 15 marked the 33<sup>rd</sup> anniversary of the hiring of the original staff at SWVTC and the first day of training at Lynchburg. Six of the original staff members are still employed here at SWVTC: Ricky Bedwell, Janet Crowder, John Henley, David Horton, Parke Quesenberry, and Dorothy Stoneman.

Continued from Page 7

*Keeping Up with Coworkers ...**Illness*

Get well wishes to **Betty Turman–Hunley** who has gone out for knee surgery. We wish her a speedy recovery.

Cathy Travis, Head Nurse, Infirmary

Buildings and Grounds is pleased to hear that **Perry Nester** is continuing to improve.

Get well thoughts to **Mickey Anders** for a speedy recovery.

Becky Hawkins, B & G, Office Services Specialist

Get well wishes to **Kim Robinette**. You are in our thoughts and prayers!

*Sympathy*

New Horizon extends sympathy to **Brenda Honeycutt** in the loss of her mother.

Calvin Griffith, Program Manager

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